Ebola Virus Disease (EVD)

WHAT IS IT?

- EVD is a preventable but often fatal viral infection
- An EVD outbreak is affecting countries in West Africa where disease control resources are very limited (Guinea, Sierra Leone, Liberia, Nigeria)
- You can only get EVD from direct contact with blood or other bodily fluids of infected people who have symptoms or from contaminated objects
- You **CANNOT** get EVD from air, water, or food
- Symptoms include rapid onset of fever, weakness, joint/muscle pain, headache and sore throat. Vomiting, diarrhea and stomach pain follow. In some cases, a rash, red eyes, and bleeding may occur
- There is no vaccine or specific treatment currently available and proven to be effective

The risk to non-medical DoD personnel working in affected countries is LOW

Ebola Virus Disease (EVD)

WHAT CAN I DO TO PROTECT MYSELF?

- Avoid blood and body fluids or any items that may have been in contact with blood and body fluids of infected people
- Avoid funeral or burial rituals that require handling the body
- Avoid contact with animals or raw meat
- Avoid health care settings where Ebola patients are treated
- Health care workers: Practice standard, contact and droplet infection control precautions; wash hands frequently; and wear appropriate personal protective equipment (PPE)

Ebola Virus Disease (EVD)

WHAT DO I DO IF I THINK I WAS EXPOSED?

- Seek medical care immediately if you have any symptoms of EVD: fever, muscle/joint pain, headache, sore throat, diarrhea, vomiting, stomach pain or red eyes
- Tell your health care provider where you traveled and how you think you may have been exposed to EVD
- Limit contact with other people when you seek care and do not travel anywhere else until your provider tells you it is okay to do so
- Notify your unit medical personnel if you were exposed to someone known to have EVD, even if you do not have any symptoms